



WARNER WEEKLY

News & Information at Your Fingertips

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Women need to take time for self-care and nurturing friendships

By Anne Torphy, Bavaria MEDDAC, PAO

The official color of October is pink, and the official message is - to take action.

This message became clear as guest speaker Col. Theresa M. Schneider, Bavaria MEDDAC Commander spoke to over one hundred guests attending the Oct. 25 Breast Cancer Awareness luncheon at the Bamberg Warner Club. During the event, hosted by the Bamberg Health Promotion Office and the Bamberg Spouses' and Civilians' Club, Schneider

spoke about the role personal friendships take in the overall health and well-being of women.

Schneider noted that often times, for women, their own needs are put last on their long list of things to do. She cited a recent study that indicated that the best predictor of a long and healthy life for females is their long-term friendships with other women. Schneider encouraged the guests to take their knowledge of breast cancer to the next level - action.

(See **LUNCHEON** on page 2)



Sarah Bernier (right) a breast cancer survivor, shares the flame from her candle with all the guests at the luncheon symbolizing the role each and every one of us has in raising breast cancer awareness. After all the candles were lit, the group paused for a moment of silence and remembrance.

Photo by Amy L. Bugala



Red Ribbon Week essays show youth commitment to being drug free

Story and photo by Amy L. Bugala

The Bamberg community showed their commitment to creating and maintaining a drug free community by participating in a variety of events during this year's Red Ribbon Week, Oct. 22 -26.

Students from the Bamberg Middle / High School were asked to write essays using this year's theme, "Take care of yourself... take care of each other". The essays that were selected among the best showed an understanding of the dangers of addiction and a personal commitment to stay

drug free.

Students from the Bamberg High School were able to express their Red Ribbon Week commitment by participating in an art/poster contest under the same theme. The top three winners were first place, Caitlin Krauchi (17), second place, Rachel Williamson (13), and third place Ola Wisniewska (14) which were chosen by customers at Community Bank. The winning writers and artists were recognized during an all school assembly on Oct. 26.

The writers received AAFES gifts cards donated by Exchange New Car Sales and the artists were given start up savings accounts courtesy of Bamberg Community Bank in the amounts of \$50, \$30, and \$20 respectively. (read essays on page 3)

Linda Riddle, counselor with the Adolescent Substance Abuse Counseling Services explains the red ribbon pledge to stay drug free to Bamberg Middle/High School students during an information campaign on Oct. 23. Riddle was quick to point out that the drug free commitment includes cigarettes.



Attend the Army Family Covenant signing ceremony and quarterly community town hall on Thur. Nov. 8 at 6 p.m. at Preston Hall.



Col. Theresa M. Schneider, Bavaria MEDDAC Commander shares a personal story during the Breast Cancer Awareness luncheon emphasizing self-care and the need for women to nurture and maintain their friendships.

(LUNCHEON)

"One of the many benefits of being in the military, is our lifelong friendships with women around the world," Schneider stated. She encouraged women to call the Health Clinic to make an appointment for their Wellness Exam (which includes a breast exam), and to ensure that their friends and family were also scheduling their necessary health exams.

The eight Health Clinics in Bavaria, part of BMEDDAC, can assist women in scheduling their Wellness Exam, which is usually recommended for women ages 21 years and older; or two years after one becomes sexually active. A mammogram is recommended for women over forty years of age, or earlier if there is a family history of breast cancer. Your doctor can advise a schedule for exams, and don't be afraid to ask questions. The Health Clinic also has pamphlets on how to conduct a breast self-exam.



Carol Rosenberg, Leslie Smith, Jackie Prince and V. Renae Crutches are motivated to do their part to promote Breast Cancer awareness during a 5k fun run/walk at the Bamberg Freedom Fitness Facility track on Sat. Oct. 13.

317th Maintenance Company changes command



Lt. Col. Ronald Pacheco Jr., commander, 391st Combat Sustainment Support Battalion, 16th Sustainment Brigade, passes the 317th Maintenance Company guidon to Capt. Donald Tatum, and with the guidon, command of the company, in a ceremony at Warner Barracks Oct. 24. Photo by Sgt. Keith M. Anderson



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U.S. Army Garrison
Bamberg Commander

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Red Ribbon Week winning essays and posters

First place essay

By Jessica Dominick, 13 years old

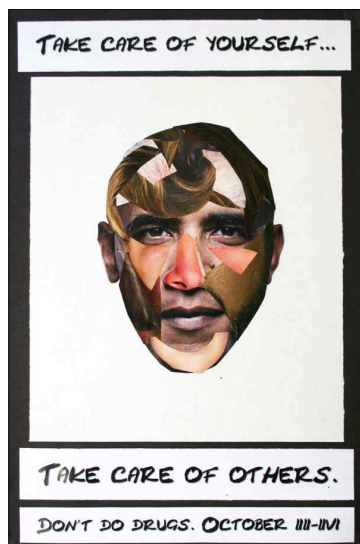


Taking care of others when they have an addiction is very important, because they could end up going too far and dying. If you ever find that one of your friends or family members has an addiction, then get them help right away.

Knowing someone that had a drug addiction in the past really helped me understand what it is like to have an addiction and how to overcome it. Seeing that person back then, and seeing them now, they have changed. If the person I know didn't change than my life would not be the same, and neither would theirs.

You can help people avoid drug and alcohol addictions by first telling them that it can cause diseases and physical and mental health problems. Then contact a close relative or a drug and alcohol counselor and tell them about the problem so they can help find proper treatment for the person. Ways you can prevent becoming addicted to drugs or alcohol are; don't hang out with people that will convince you to take drugs or consume alcohol. If someone ever offers you these, then just say "No!" If they call you names for saying no, just walk away.

These tips I have written have helped myself and others, from having drug or alcohol abuse problems. I hope that by following these tips for the rest of my life, I will never have an addiction to drugs or alcohol.



Second place essay

By Dillon Luedtke, 12 years old



Do you know what drugs and alcohol can do to you? They can do many bad things and can change your life forever.

Drugs can cause bad health problems like getting AIDS from an infected needle when taking heroin. Drugs can also make your lungs turn black like from smoking. Some drugs might make your teeth turn really yellow. Alcohol can cause health problems, too. You could possibly have liver problems. You also could get in a car accident and get hurt really bad or even die.

I know drugs can do bad things because a person when I lived in Italy did drugs. After quite awhile, his teeth turned really yellow and he looked terrible. Eventually, he stopped and he felt so much better. This is an example of what drugs do. So don't do drugs.

Alcohol has caused bad things to happen in the past and still does. Once a Soldier got so drunk that when he got to the gate to come on post he died from alcohol. Another time someone got really drunk and as a result, he jumped in front of a train and died.



3rd place art/poster winner,
Ola Wisniewska, 14 years old (above) ▲

2nd place art/poster winner,
Rachel Williamson, 13 years old (right) ►

1st place art/poster winner,
Caitlin Krauchi, 17 years old (left) ◀

Third place essay

By Tyler Smith, 13 years old

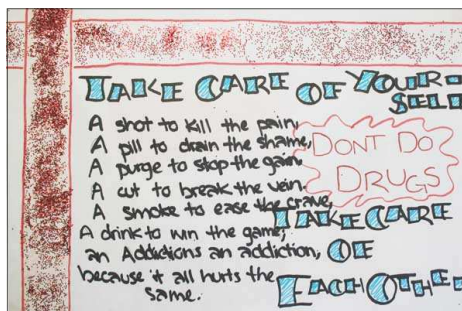


Do you know how to help your family when it comes to drugs? Helping your family know how dangerous drugs and alcohol are is vital for a happy and healthy life. Drugs are very addictive and can lead to homelessness, chronic hospitalization and death. Alcohol can have the same affect, but can also cause more dangerous things like cancer of the liver and other painful diseases. Telling your parents how drugs and alcohol can do these things, should make them proud.

Helping your friends is as important as helping your family. Making sure your friends do not use drugs is important for their future. If your friends drink, try telling them how dangerous it is. If they don't stop tell an adult and stop it for good. If your friends do drugs, immediately tell an adult. The more drug and alcohol free you and your friends are, shows how healthy your relationship really is.

Taking care of yourself is also very important. Doing drugs can shut down your immune system and you can get sick a lot easier. Drinking alcohol can kill lots and lots of brain cells which can lower your ability to think very quickly. Staying away from drugs is hard nowadays because so many people do them. Make sure you stay away from drugs and alcohol so that you can stay healthy.

Making sure your friends and family know about drugs and alcohol is very important because if they don't know how dangerous they are, they can die. Knowing how to take care of yourself is also very important because you need to know the dangers of drugs and alcohol. 8,000 people try drugs for the first time each day. Children who drink alcohol before the age of 15 are 15 times more likely to be alcoholics when they grow up. So, if you could, please refrain from killing yourself.



Protect against the flu

Maj. Tina M. Streker, Bamberg Army Public Health Nurse

The single best way to prevent the flu, also known as influenza is to get vaccinated. Good health habits can also protect against influenza, such as covering your mouth and nose when you cough (preferably with something other than your hands, such as tissue, handkerchief, or sleeve of your shirt) and practicing good hand washing. Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick. If possible stay home from work or school and minimize running errands when you have influenza.

There are two types of flu vaccines. Inactivated vaccine - the "flu shot" containing killed virus which is given by injection, and FluMist® administered by nasal spray. The flu shot is approved for use in people six months of age and older, including healthy people and people with chronic medical conditions. The flu shot will be administered to those that fit into the "high-risk" categories, as determined by medical guidelines and through a screening process given by those administering the vaccinations.

FluMist® is made with live, weakened flu viruses, and does not cause illness with influenza. Its generic name is LAIV (for "Live Attenuated Influenza Vaccine"), but many refer to it by the brand name, FluMist®. FluMist® is approved for use in healthy people 2 years to 49 years of age who are not pregnant or with specific diseases. Because it is a live

virus, some precautions will be employed to screen for persons with chronic disease. FluMist® is the recommended vaccination route available to all military personnel, dependents and beneficiaries who fit into the category. Those in good health and under the age of 50 will receive FluMist®.

Seasonal flu is a contagious respiratory illness caused by viruses. It is spread from person to person in droplets by coughing and sneezing. When this happens, droplets from a cough or sneeze of an infected person can be propelled up to three feet, through the air and inhaled by people nearby. Infected individuals can infect others beginning one day before symptoms develop and up to five days after becoming sick. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. People can also become infected by touching something with flu viruses on it and then touching their mouth or nose.

Symptoms of influenza include fever (usually high), headaches, extreme fatigue, dry cough, sore throat, runny or stuffy nose and muscle aches. Some people, such as older people, young children, and people with certain health conditions, are at a higher risk for serious influenza complications. People age 65 and older, as well as persons with chronic medical conditions, are at the highest risk for serious complications. It is mandatory for all active duty military to be vaccinated for influenza.

Active duty Soldiers have started receiving the flu immunization. Bamberg Health clinic will begin the annual flu immunization drive to all other eligible beneficiaries Nov. 5-16. The immunizations will be available on a walk-in basis from 8 a.m. to 4:30 p.m. in the immunization clinic.

More information on Bamberg Health Clinic's annual flu immunization program will be made available in later editions of the Warner Weekly. For additional information and education about influenza, refer to the Centers for Disease Control and Prevention website at <http://www.cdc.gov/flu/> or call the Bamberg Health Clinic at 0951-300-1750/7772.

Bamberg Health Clinic Flu Vaccine Administration Schedule

Active Duty Soldiers

Coordination with units and all others now through Dec. 7
from 8 a.m. to noon
(closed Thursdays, weekends and Holidays)

Family Members and Other Beneficiaries

Nov. 5 through Nov. 16
from 8 a.m. to 4:30 p.m.

Family members and other beneficiaries will receive the vaccine on a walk-in basis in the immunization clinic (closed for Lunch from noon to 1 p.m., and also on weekends and Holidays)

Antiques can harbor unwanted guests

U.S. European Command Customs Public Affairs Office

Antique collectors often get more than they bargain for when buying artifacts or furniture at antique shops, flea markets or swap meets. "Antique furniture and decorative wooden items are sometimes infested with wood boring insects such as wood worm, termites and powder post beetles," said William Manning, the U.S. European Command's attaché from the Department of Agriculture. "Examine any such item carefully for evidence of wood borer infestation before buying it."

Taking these items home can cause the pests to infest your other furniture. It could also mean that border clearance agents will flag your household goods for Department of Agriculture inspection and possible fumigation when you move back to stateside. U.S. laws ban harmful insects that are considered economic or agricultural pests from entering the States.

Manning advises people with a woodworm problem to ship infested pieces separately to a stateside, USDA-approved fumigation service and have them treated there. However, this can be very costly and has to be arranged prior to entering a

U.S. port of entry since not all ports have fumigation facilities. Moreover, he added that the department does not recognize any of the commercial anti-woodworm treatments available in Europe.

Evidence of active insect infestation includes holes or chambers on the surface that appear to be recently excavated. Traces of wood powder or sawdust in and around such holes are further signs of infestation.

Enjoy shopping for that unique addition to your home, but look for the clues that suggest you might also be buying some unwanted and expensive houseguests.

Battle of the Bulge walk scheduled for Dec. 15

U.S. Army IMCOM-E release

The 30th annual memorial walk commemorating the Battle of the Bulge and the siege of Bastogne is planned for Dec. 15 in Bastogne, Belgium.

This year's walk, with a choice of three distances, is concentrated northwest of the city – where the 82nd Airborne and 502nd Parachute Infantry Regiment held the line against German forces in World War II. Participants will trek the villages of Hemroulle, Champs and Longchamps.

The Bastogne Historical Walk begins at 8 a.m. at the Centre Sportif "Porte

de Tréve" and ends at the big fest tent in downtown Bastogne.

The entry fee is 5 euro per walker, with each participant receiving a certificate from the city and a patch of the 502nd PIR. Pre-registration is mandatory before Nov. 26.

U.S. military and civilians and NATO personnel in Germany must register through Ed Lapotsky at ed.germany@t-online.de; fax: CIV:06507802617; or call CIV:065078292. In the Benelux, register through Tom Larscheid at Barfjacks@hotmail.com or call CIV:0032-26876158.



More than 3,000 walkers participated in last year's Bastogne Historical Walk, which highlights a different sector of the Battle of the Bulge every year.

Photo by Cis Spook

Deployed U.S. Army Europe personnel eligible for free vehicle registration extension

By Robert Szostek, U.S. Army Europe Office of the Provost Marshal

U.S. Army, Europe Soldiers and civilian employees in Germany who are preparing for duty in the Middle East can leave a car with their spouses or store one at an Army storage site. Either way, their vehicle registrations will be extended at no cost for the duration of the deployment, USAREUR officials say.

"Soldiers and civilians receive an extended registration for the 12 or 15 months they are deployed, plus 45 days," said Dan Saavedra, policy adviser at the USAREUR Registry of Motor Vehicles.

Capt. Michael Grygar, Bamberg Provost Marshal, adds, "In reinstituting this program USAREUR has taken one more burden off the shoulders of deployed Soldiers and their families."

Soldiers who leave their vehicles with a spouse or family care provider must ensure their insurance does not expire while they are away from their home stations. Saavedra also warns Soldiers who have liens on their vehicles to contact the lien holder before deploying to ensure insurance and financial issues are settled in advance.

When a spouse or family care provider continues to use a deployed Soldier's car, the Soldier's rear detachment commander must send a memorandum listing details of the deployment to the

USAREUR Registry of Motor Vehicles to extend the registration.

When vehicles are placed in storage, the facility custodian will tell the registry to extend the registration.

Soldiers who turn in a privately owned vehicle to a storage site receive a DD Form 788 (Private Vehicle Shipping Document for Automobile) as a receipt for the POV. Before a Soldier can remove a vehicle from storage, he must get an insurance confirmation card from his insurance company. "The easiest way to do this is to tell your insurance company to electronically transmit a new ICC to the USAREUR Registry of Motor Vehicles," Saavedra added. The ICC is needed whether insurance was cancelled during the deployment or not.

Grygar advises vehicle owners to take the ICC, ID card, USAREUR Certificate of License and the DD Form 788 to the Bamberg vehicle registration office and pick up a new, free, registration with the extended expiration date.

Personnel who deploy from Italy may have different procedures; USAREUR officials suggest that Italy-based personnel call their local vehicle registration offices for more information.

For more details on the free registration extension, call the Bamberg Vehicle Registration Office at DSN:469-7580.

Free vehicle lighting system safety checks!

Bamberg Safety Office news release



The International Motor Vehicle Lighting Equipment Campaign will be conducted in Germany during October.

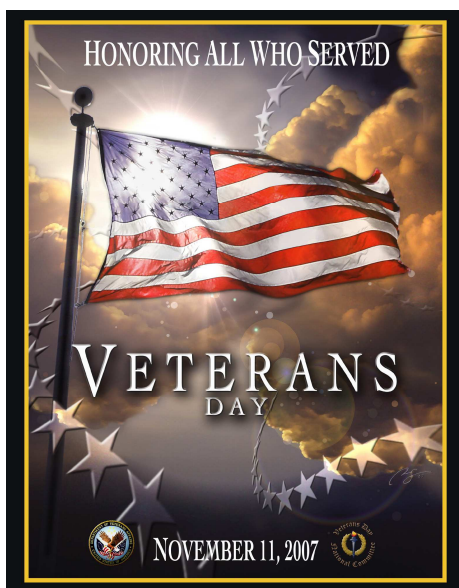
The Campaign is conducted each year to correct deficiencies prior to the more hazardous winter driving season. AAFES Car Care Centers, German garages and most POV Inspection Stations will be conducting FREE inspections of vehicle lighting systems to include headlights, tail lights, fog lights and turn signals.

Upon successful completion of the lighting system inspection, a safety sticker will be affixed to the windshield showing that the vehicle has successfully passed the inspection. Any repair work to correct deficiencies is, of course, chargeable to the vehicle owner.

Prepare your automobile for winter weather and have your vehicle tested today. Call AAFES Car Care Center at DSN:469-7530 to make an appointment or stop by the POV Inspection Station at Bldg 7102. Open Mon. through Fri. from 7:45 a.m. to noon and 12:30 p.m. to 3:30 p.m. Vehicles at the POV Inspection Station will be inspected on a first-come first-served basis. Last inspection is at 3:15 p.m. daily. For more information call DSN:469-8892.

Attend the Army Family Covenant signing ceremony and community town hall on Thur. Nov. 8 at 6 p.m. at Preston Hall.

Community Announcements



Honoring all who served

The cadets of the 15th Army JROTC Battalion invite you to join them as they present a Veterans Day program on Thur. Nov. 8. This Veterans Day celebration will take place at the BHS multi-purpose room starting at 2 p.m. All Soldiers, Veterans and family members are invited to attend. A reception will follow immediately after. Call CIV:0951-300-8605 or DSN:469-8605 for information.

Unit Prevention Leader training

The Army Substance Abuse Program (ASAP) is offering Unit Prevention Leader (UPL) Certification Training Nov. 26 to 30. UPLs are an integral part of a unit substance abuse program with duties that include managing and administering the unit's drug testing program, providing substance abuse prevention education to all unit Soldiers, and acting as a liaison between the unit and the ASAP. Each unit should have at least two currently certified UPLs. Candidates for UPL Training must be E-5 or above, not currently enrolled in the ASAP, and not under investigation for any substance abuse related issue.

For more information or registration contact Darlene Copeland, Prevention Coordinator, at DSN:469-1710, or George Riddle, Drug Testing Coordinator, at DSN:469-7588. Registration deadline for this course is Nov. 16.

3D training offered by ASAP

Unit Commanders and First Sergeants, are you looking for a way to knock out some of your unit's mandatory training courses all in one day? Sign your unit up for one of the Drunk and Drugged Driving (3D) Month Training Seminars being offered by the Army Substance Abuse Program and the USAG Bamberg Health Promotion Committee. The training sessions will be offered on Tue. Dec. 4 and Thur. Dec. 6, and will run from 1 to 5 p.m. Some of the topics/presenters that will be included are:

- Alcohol awareness and celebrating sober
- Overview of the Adolescent Substance Abuse Program
- Legal Consequences of DUIs and drug positives
- Family Advocacy and the Sexual Assault Program
- Sexually Transmitted Diseases
- Tobacco prevention
- How to beat the holiday blues
- Winter driving
- Suicide Prevention

This is a great way to ensure that the Soldiers in your unit have received a variety of valuable prevention and safety information as we head into the holiday season. For registration, please contact Darlene Copeland, Prevention Coordinator, at DSN:469-7038.

Closures / Changes

CMR oversized mail pick-up

The CMR oversized package pick-up is now located at the Transportation Motor Pool, Bldg 7102. Customers will receive a notification slip with instructions in their mailbox and can pick-up oversized parcels from 1 to 2 p.m. or by appointment by calling DSN:469-8710. Oversized packages include items such as footlockers, car parts, bikes, large toys etc.

Change in CMR window hours

Due to an early increase of holiday season mail, the CMR has changed customer service / package pick-up hours. The change will be temporary and not expected to last more than four weeks.

The consolidated mailroom (CMR) customer service window / package pick-up hours of operation are: Mon. through Fri. 11 a.m. to 1 p.m. and 4 to 6 p.m. Closed on Federal Holidays. Customers can still access their mailboxes 24 hours a day, 7 days a week. For more information call Leland Samuels, Bamberg Postal Officer at DSN:469-7500.

No more free shipping for appliances from downrange

Effective immediately: electric appliances such as televisions, stereos, microwaves, fans, coffee pots, etc. may no longer be mailed back to Germany free through the Military Postal Service, (MPS) from downrange locations in Southwest Asia (Iraq, Kuwait, Israel, Sinai, Turkey, Afghanistan or Horn of Africa). However, these items may continue to be mailed back home to Germany through the "MPS" system with postage paid by the deployed Soldiers. For questions regarding this or other mailing regulations, please contact the Bamberg Postmaster at DSN:469-8754.

Health clinic closures

The Bamberg Health clinic will be closed from noon to 4:30 p.m. on Thur. Nov. 8. The clinic is closed from noon to 4:30 p.m. on the second Thursday of every month for mandatory staff training. This also includes Physical Therapy, Social Work Services and EDIS. All emergencies should go to the Bamberg Klinikum. Additional training dates include Dec. 13. For more information please contact the Bamberg Health Clinic Executive Officer 1st Lt. Jose Sanfeliz at DSN:469-8619 or CIV:0951-300-8619.

Health Clinic Holiday schedule

The Bamberg Health clinic will have closures during the upcoming holiday season. Be sure to mark your calendars for these days. During closures all emergencies should go to the Bamberg Klinikum.

Wed. Nov. 21 –Closed at noon

Thur. Nov. 22 and Fri. Nov. 23 –Closed

Fri. Dec. 21—Closed at noon

Mon. Dec. 24 and Tue. Dec. 25 –Closed

Mon. Dec. 31 and Tue. Jan. 1 –Closed

For more information please contact the Bamberg Health Clinic Executive Officer 1st Lt. Jose Sanfeliz at DSN:469-8619 or CIV:0951-300-8619.

Get Ready to Fall Back!

**Daylight Saving Time in Europe ends this Sun. Oct. 28.
Remember to set your clocks 1 hour back starting at 3 a.m.**

Weekly Reminders

Pizza Nights every Friday at DFAC

Every Friday come out to Ray's Diner (DFAC) and enjoy all-you-can-eat-pizza and spaghetti from 4:30 to 6 p.m. for only \$3.65. This offer excludes holidays and is sponsored by the 16th SB.

Happy Halloween from the Bamberg Thrift Shop!

Stop by the Thrift Shop Halloween Day for some treats and receive 10% off any black or orange Thrift Shop Property item. The Thrift Shop offers weekly specials and new items arrive daily, so stop by and see them... you may be surprised at what additional "treats" you may find!

Thrift Shop Operating Hours:

Tue. & Wed.: 9:30 a.m. to 3 p.m.
 Thur.: 11 a.m. to 5 p.m.
 1st Sat. of month: 9:30 a.m. to 3 p.m.
 (CLOSED Fri, Sat, Sun and Mon)

The Thrift Shop is also looking for humanitarian missions to accept their "second hand" items. Please contact the manager at CIV:0951-32408 for more details.

Learn life skills, group for men

A new group will begin meeting in November to help men with life coping skills. The group will focus on communication, problem solving, anger management and stress management skills. Call Social Work Services at DSN:469-7793 or CIV:0951-300-7793 for more information.

Fall Clean-Up is Nov. 5-8

The annual USAG Bamberg Fall Clean-Up will be Nov. 5-8. Bags of leaves and bulk will be picked-up at ON-POST housing Nov. 5-8. Leased and OFF-POST housing should use City Bulk dates or bring bags of leaves and bulk to the Recycling Center.

Units have to take their bulk trash and bags of leaves to the Recycling Center and separate. For more information contact Mr. Weis at DSN:469-7598 / 8849, DPW-Environmental Office or Housing Zone Coordinator Staff Sgt. Tyrone King at DSN:469-7946.

The DPW Self-Help Store has the equipment you need to clean up this fall. Trash Bags, Rakes, Wheel barrows, Shovels, Brooms, Ladders (6, 7, & 8ft.) and more! Self-Help is located at Bldg #7039 across from the MWR Car Wash. Operating

hours are Mon. thru Fri. 9 a.m. to 4 p.m. and closed on weekends and all German and American Holidays. For more information call Self-Help at DSN:469-7669

Recently re-deployed?

Attend Battlemind II briefing Nov. 7

Bamberg Social Work Services will be conducting Battlemind II briefings the first Wednesday of every month at 9 a.m. The briefings are for Soldiers who have been re-deployed for 90 days or more and need their Post Deployment Health Readiness Assessment (PDHRA). Once Soldiers complete the briefing they will be sent to the health clinic to be cleared from MED-PROS. Additional Battlemind II briefing dates will be: Nov. 7 and Dec. 5. For more information contact Candice Keith at DSN 469-7793/9016.

Health and Fitness

Medical advice is only a phone call away

The TRICARE Nurse Advice Line gives callers around-the-clock access to medical information and advice. The Nurse Advice Line provides:

- Registered nurses who can answer questions, provide self-care advice and help you decide if you need to seek immediate care.
- An audio health library with easy-to-understand information on hundreds of topics.
- Help with managing chronic conditions, such as diabetes or asthma.

The Nurse Advice Line is available throughout Europe. The number below is a toll-free number for callers in Germany and western Europe.

**The Nurse Advice Line
 number is 00800-4759-2330
 (DSN 99 line: 0800-825-1600)**

Kids and Teens

Join the AWANA Club

AWANA, an international, non-denominational Children's Ministry whose focus centers on scripture memorization, is meeting every Sunday from 4:30 to 6 p.m. at the High School Gym. The club is open to all children ages 4 to 12. Participants earn badges and awards as they

progress through their books, compete in physical activities, observe dramas and sing songs. Register now, forms are available at the Chapel. For more information, contact Luke Granger at the chapel DSN:469-8140.

2008 Scholarships for Military Children Program opens Nov. 1



Scholarships for Military Children program for 2008 is now open.

Applications for the \$1,500 scholarships are available at 264 commissaries world-

wide or, new this year, you can fill out your application online at <http://www.militaryscholar.org>

The \$1,500 scholarships are available for children of military active-duty, retired and Guard and Reserve service members. Most of the funds are donated by manufacturers, brokers and suppliers selling groceries in commissaries and every dollar donated to the program by industry or the general public goes to fund the scholarships. The program is administered by the Fisher House Foundation.

A significant number of scholarships, about 10 percent every year, go to high school students at DoD schools overseas. At least one \$1,500 scholarship will be awarded at every commissary location with qualified applicants.

The program is open to unmarried children under the age of 21 (23 if enrolled in school) of military active-duty, Reserve, Guard and retired personnel. Eligibility will be determined using the Defense Enrollment Eligibility Reporting System database. Applicants should ensure that they, as well as their sponsor, are enrolled in the DEERS database and have a current ID card. The applicant must be planning to attend, or already attending, an accredited college or university full-time in the fall term of 2008, or be enrolled in a program of studies designed to transfer directly into a four-year program.

Get Ready to Fall Back!

**Daylight Saving Time in Europe ends this Sun. Oct. 28.
 Remember to set your clocks 1 hour back starting at 3 a.m.**



Do your part to save energy and conserve natural resources. Check back weekly for great energy saving and recycling tips brought to you by the Bamberg Environmental Office.

Energy saving tips

- Leave the car at home and walk or cycle distances less than 2 miles.
- Join or set up a car-sharing pool.
- Try to make as many car journeys as you can outside of the peak travel times.

Recycling tips for home and office

- Reuse plastic sandwich bags and paper lunch bags.
- Avoid spending money on disposable items. Buy decent quality materials that last!

For more information on what you can do to save our natural resources and help reduce the effects of global warming contact the Bamberg Environmental Office at CIV:0951-300-7730.

School News

Attend BES Fall Festival

The Bamberg PTA and Student Council Fall Festival Costume Bingo Ball will be held on Fri. Oct. 26 from 4 to 5:30 p.m. in the Bamberg Elementary gym. All BES students and their families are invited. Cost is a bag of candy for inside-the-school trick or treating.

Parent Teacher Conferences

Conferences will be held Nov. 8 and 9. A schedule should be coming home soon with your child.

Dates of Interest

Fri. Nov. 2	No school for students - teacher work day
Thur. Nov. 8	Parent/Teacher conferences - No school for Students
Fri. Nov. 9	Parent/Teacher conferences - No school for Students
Mon. Nov. 12	Veterans Day - Federal Holiday
Thur. Nov. 22	Thanksgiving - Federal Holiday
Fri. Nov. 23	Friday - Recess Day

Job Opportunities

BES needs substitute teachers

Bamberg Elementary School is looking for qualified, experienced educators to fill substitution teaching positions. Applicants must have successfully completed education above high school level in an accredited college or university of at least 2 years of undergraduate education. Stop by the BES main office Mon. through Fri. from 9 a.m. to 3 p.m. for an application or call DSN:469-7616 or CIV:0951-300-7616 for more information.

Earn money as SKIES instructor

The Bamberg CYS SKIES Unlimited program is looking for instructors to teach classes in art, music, ballet/jazz/tap, fitness, sewing, computers, photography, cosmetology, SAT Prep, Spanish or any skill you may have that can be taught to the youth in the Bamberg community. SKIES is also looking for academic tutors. Please contact Archie Johnson at DSN:469-7452 for more information.

ACS needs Family Advocacy Specialist

USAG Bamberg Army Community Service (ACS) will be soliciting for a Family Advocacy Program Specialist in the near future. Please contact the Regional Contracting Office at CIV:0951-300-9383 or go on their website at www.usacce.army.mil/frc for further details.

Part-time vendor job opportunity

A part-time job opportunity with a sales vendor is available at Bamberg Warner Barracks. Job duties include stocking shelves, scanning inventory. Competitive pay, with flexible day-time hours (25 to 30 hrs per week) and no weekends. E-mail LHawkins@sksales.com for details.

Job opportunities listed online

For all job opportunities in the local area and world-wide go to the U.S. Army Civilian Personnel Online Web Site at www.cpol.army.mil Job search and resumix application assistance is available through the Bamberg ACS Employment Readiness Office. Please call Jeffery Card at DSN:469-7787 for more information.

Entertainment & Leisure

BSCC'S 2007: A Night at the Masquerade Charity



Basket Auction

Spend a "Night at the Masquerade" on Fri. Nov. 16 during the Bamberg Spouses' & Civilians' Club annual Charity Basket Auction. Enjoy a festive evening of intrigue, mystery and philanthropy all starting at 6 p.m. at the

Warner Club. Cost is \$5 per person to participate in the live and silent auction or \$15 per person with an Italian Dinner. Bidding paddles included! Remember to check your identity at the door, the most fanciful and creative mask will win a prize. If you don't own a mask, basic masks will be made available at the door. Vendors, European crafters and a cash bar will be available.

Tickets go on sale at the Thrift Shop starting Wed. Oct. 24 (Shop is open Tue., Wed. and Thur. from 11 a.m. to 5 p.m. and on Sat. Nov. 3) or reserve your tickets by e-mailing auction@bsccgermany.com. Please RSVP by Nov. 14 to attend. Proceeds from all B.S.C.C. events help fund grants and scholarships for groups and members of the Bamberg Community.

Follow the yellow brick road to the Stable Theater!

Tickets are on sale now for "The Wizard of Oz" Nov. 8 -11 and 15 to 18. Call CIV:0951-300-8647 to reserve your seat

Trips & Travel Opportunities

Take a trip with ODR in November

Take a trip this November with Bamberg Outdoor Recreation.

Sat. Nov. 3 Little Swiss Hike \$10

Join us for a 12k day hike through nearby Little Swiss. The hike will have some hills. Please wear layers, comfortable shoes and bring lunch, water and snacks. Departs the CAC at 9 a.m. and returns approx. 5 p.m.

Thur. Nov. 8 Tour Under Bamberg \$20

This unique trip through tunnels under Bamberg gives a view of the city that shouldn't be missed. The tunnels are generally cool and damp, please wear appropriate clothing and bring a flashlight. Departs the CAC at 5 p.m. and returns approx. 7:30 p.m.

Weekend Nov. 10-12 Snowboard & Ski \$195

We're headed to Austria for some early season glacier skiing and riding. Trip includes transportation and lodging with breakfast and dinner. Get reduced rentals and an equipment tune-up at the ODR ski shop. Departs the CAC at 10 a.m. on Nov. 10 and returns approx. 10 p.m. on Nov. 12.

Fri. Nov. 16 Dinner and Wine Tasting \$50

Join us for a unique dining experience at the historic Schloss Buttenheim. The event includes a three-course dinner and tasting of five wines from the renowned vineyard Bodega Miguel Merino. We will also have a special presentation from Mr. Miguel Merino Jr. on modern winemaking in the Rioja region of Spain. Price includes dinner, wine and transportation. Departs the CAC at 6 p.m., returns approx. 11 p.m.

Weekend Nov. 22-25 Alps Skiing & Riding \$249

Our first long snow trip of the season will be to the Kitzsteinhorn Glacier and resort in Kaprun, Austria. We'll have 3 days on the snow with free beginner and intermediate snowboard lessons throughout the weekend. You'll also be able to demo new skis and boards from the top companies. Includes transportation and lodging with breakfast and dinner. Departs CAC at 10 a.m. Nov. 22 and returns at approx. 10 p.m. Nov. 25.

Sat. Nov. 24 Czech Shopping \$35

Hop on our motor coach for a trip to Karlovy-Vary and Cheb to get your holiday shopping started. All trip goers must have a valid passport. Includes transportation. Departs CAC at 7 a.m. and returns approx. 9 p.m.

Trips fill up quickly, so reserve your seat now. Contact the CAC for more info at DSN:469-8659.

Join FISC in Austria for Thanksgiving skiing

The Franconia International Ski Club is planning a trip to Hintertux, Austria from Nov. 21 to 25. Enjoy great skiing and a traditional Thanksgiving Dinner as well. Contact Leslie Hall at CIV:0175-326-5519, Candace Merritt at CIV:0171-943-4672 or send an email to franconiaskiclub@yahoo.com for details.

FISC meets once a month in Bamberg at 6 p.m. Come to the next meeting and find out more about planned trips and activities.

Bamberg meeting dates are:

Nov. 28, Dec. 19, Jan. 23, Feb. 27, Mar. 26, Apr. 23

Bamberg location is the Maisel Keller; Moosstrasse 32.

For more information contact Michelle at CIV:09721-475-8647 or email franconiaskiclub@yahoo.com.

Halloween Happenings!

Costume shopping around town

There are a wide variety of places to shop for costumes around town, both on and off post. AAFES has a wide selection of costumes in all sizes at the PXtra. The party store, Peter Schauer, at Nürnberger Str. 116 in Bamberg also has a wide selection of costumes and party supplies. Call CIV:0951-12654 for more details.

Tonight -Costume karaoke at the Moonlight Cabin

Come out to the Moonlight Cabin on tonight, Fri. Oct. 26 for costume karaoke. With over 3,000 songs to choose from and prizes for the best costume it'll be a great time! If you can't sing, don't worry...you'll be in costume! Karaoke starts at 9 p.m. and continues until closing. Call the Moonlight Cabin for details at DSN:469-8423.

Mon. Oct. 29 -Spooky bowling

Spooky Halloween Bowling will take place on Mon. Oct. 29 at the Birchview Bowling Center. Customers can bowl for only .50 cents per game. Stop by for some trick-or-treats from 5 to 9 p.m. Show up in costume and receive a coupon for a free game! Cosmic bowling will be available.

Wed. Oct. 31—USAG Bamberg trick-or-treating hours

The trick-or-treating hours for U.S. Army Garrison Bamberg Warner Barracks will be on Wed. Oct. 31 from 6 to 8 p.m.

Wed. Oct. 31 -Harry Potter costume contest

Children and adults are invited to participate in a Harry Potter costume contest on Halloween night at the Bamberg community library. All Harrys, Hermiones, Draco Malfoys, Dumbledores, Hagrids and more are invited to cast their spells and win prizes on Wed. Oct. 31 at 5 p.m. For more information call the Bamberg community library at CIV:0951-300-1740.

Wed. Oct. 31 Harvest Fest offers family fun

The Bamberg Community Chapel and MWR are sponsoring a Harvest Fest on Wed. Oct. 31 from 6 to 8 p.m. in the Bamberg High School Gymnasium. The Harvest Fest is an alternative to customary Halloween activities. There will be games, activities and candy for the whole family. Please wear only family friendly costumes. Call CIV:0951-300-7452 for more information.

Save on costume photos!

Have Kimberly take your portrait in costume during the month of October and receive 10% off your order. Call the Community Activity Center and make an appointment today at DSN:469-8659.

Wed. Oct. 31—Trick-or-Treat at the CAC

Stop by the Community Activity Center in costume on Oct. 31 and receive a treat!

Get Ready to Fall Back!

**Daylight Saving Time in Europe ends this Sun., Oct. 28.
Remember to set your clocks 1 hour back starting at 3 a.m.**

AAFES Bamberg Movie Schedule

AAFES Reeltime Theater is
CLOSED Tues. and Wed.



Fri.	Oct. 26	We Own the Night (R)	7 p.m.
Sat.	Oct. 27	The Invasion (PG-13)	4 p.m.
		We Own the Night (R)	7 p.m.
Sat.	Oct. 28	The Invasion (PG-13)	4 p.m.
		War (R)	7 p.m.
Mon.	Oct. 29	We Own the Night (R)	4 p.m.
Thur.	Nov. 1	War (R)	7 p.m.
Fri.	Nov. 2	30 Days of Night (R)	7 p.m.
Sat.	Nov. 3	Daddy Day Camp (PG)	4 p.m.
		30 Days of Night (R)	7 p.m.
Sun.	Nov. 4	Rush Hour 3 (PG-13)	4 p.m.
		Superbad (R)	7 p.m.
Mon.	Nov. 5	30 Days of Night (R)	7 p.m.
Thur.	Nov. 8	Superbad (R)	7 p.m.
Fri.	Nov. 9	Dan in Real Life (PG-13)	7 p.m.

Outside the Gate

Weekend Events in and around Bamberg

Friday, October 26

- 7 p.m. "Sleeping Beauty" danced by the Russian National Ballet Ensemble at the Congress Hall. For tickets call CIV:0951 - 9808220
- 7 p.m. 10th anniversary of the local branch of the World Conference of Religions for Peace (WCRP) in Bamberg at the Jewish community hall (Willy-Lessing-Str. 7a)
- 8 p.m. "Gotthard", Swiss hard rock band at Jako Arena
- 9 p.m. Blues funk rock a la Clapton at Club Kaulberg
- 9 p.m. Classic rock at Blues Bar

Saturday, October 27

Daylight savings time ends - set your clocks back 1 hour starting at 3 a.m.

- 11 a.m. Pumpkin fest with pumpkin carving for kids at Neptune fountain, Gruener Markt, the shopping area downtown
- Noon Free organ concert at the dome
- 6 p.m. The flying Dutchman - Wagner opera at the String Puppet Theater.
- 10 p.m. 30 plus party at Live Club
- 10 p.m. 8th anniversary of the Morph Club, free entry

Sunday, October 28

- 5 p.m. 2nd chamber concert of the Bamberg Symphony Orchestra at the Harmonie - Spiegelsaal
- 5 p.m. Basketball: Brose Baskets play Walter Tigers Tuebingen at the Jako Arena
- 9 p.m. "Stark" plays German guitar rock at the Blues Bar

Note: Thur. Nov. 1 is a public holiday in Germany: All shops on the economy will be closed, so please plan accordingly.

Herbstplaerrer

Autumn Fair "Herbstplaerrer" still going on through Sun. Oct. 28, on the Plaerrerplatz (An der Breitenau), next to the Bamberg Airfield with stands and rides.

Allerheiligen

The first day of November is Allerheiligen (Nov. 1). Related to Halloween, this holy day is devoted to all of the saints (known and unknown) and to all of the "faithful departed," respectively. Allerheiligen is one of the so-called "silent" holidays, meaning that you will hardly find any events with loud music. If you plan on having a party, please take this into consideration. During the day, people will visit the gravesites of their families and light candles in commemoration.

A unique stage: The String Puppet Theater of Bamberg

In the early sixties, Klaus Loose founded the String Puppet Theater in an original authentic marionette theater dating from the year 1821, the "Staubische Haus" (Untere Sandstrasse 30), which has remained unchanged ever since. The building it is in, is a baroque era palace built in 1796. The pieces performed are mainly plays and operas of the baroque and romanticism area staged in the original version. The Bamberg String Puppet Theater is the smallest one in Bavaria. For tickets and dates click on www.bamberger-marionettentheater.de or call CIV:0951-67600. Performances can be booked for groups and family fests as well.



As seen in the NEWS ...

News summaries from Oct.19–26

3 Million Euro effort against floods

A gigantic pool has been constructed at the harbor near Gaus-tadt as a flood protection measurement. Three million Euro have been put into this project which is scheduled to be finished by the end of this year.

CSU wants to stop the debate

For the third time this year the City Council is discussing the request of the city marketing for the introduction of a second shopping Sunday. Generally, shops are always closed on the economy on Sundays. The conservative Christian Social Union (CSU) wants to end the debate for good. It is not likely that the request will be successful.

Three religions celebrated together

The inter-religious women's initiative Bamberg successfully celebrated a women's fest. Jewish, Muslim and Christian women came together to celebrate peacefully. With games and dances the ladies learned about each others traditions.

Follow the yellow brick road to the Stable Theater!

Tickets are on sale now for the "The Wizard of Oz" Nov. 8 -11 and 15 to 18. Call CIV:0951-300-8647 to reserve your seat

Green party criticizes electricity price rises

The electricity companies including the Bamberg Energy Authority announced that prices will rise more than ten percent. The Green party (GAL) has criticized this heavily stating that the alleged reasons given were not correct and that this was "just an attempt to put the topic of renewable energies into a bad light and to divert from their own shortcomings", said GAL spokesman City Councilor Peter Strack. The party called upon the citizens to look for new energy sources.

Rescue team exercised gas explosion

Firefighters, leaders and county commissioner's office had a mass emergency exercise in Baunach. The scenario was the assumed explosion of a gas tank.

Firefighter prevented escalation

On Friday night a car caught fire in the underground parking of a hotel at Schillerplatz, but due to the quick and efficient work of the firefighters, a catastrophe was prevented. Nobody was injured.

Drunken man demolished 14 cars

On Saturday night at 1 a.m. a 23-year-old man was arrested at Kunigundendamm. Eyewitnesses saw him throwing a bike on a car. Overall, the drunken man damaged 14 cars.

Dead woman found in canal

The body of a 55-year-old woman was found in the Rhein-Main-Danube Canal on Saturday morning. Police are investigating but currently there is no indication of murder.

Where did the injuries come from?

On Saturday morning around 6 a.m. a 30-year-old man was found in the Gereuthstrasse 26 with life threatening injuries at his head and back bone as well as broken legs. According to the police the man had partied with friends in a flat, but since the man could still not be interrogated, police are investigating what happened afterwards. Any witnesses are asked to call the police at CIV:0951-9129-481

Sources: Information collected/translated from *Fraenkischer Tag*

